



NJWELL
Working for a
Healthy New Jersey

NJWELL Program 2015

Take action, earn \$200

Act quickly to complete the healthy steps below by **October 31, 2015** and you and your spouse/partner can receive up to **\$200 each in rewards**.

Step 1: Complete a Biometric Screening

Step 2: Complete an Online Health Assessment

Step 3: Complete Additional Activities

In order to receive your initial \$100 incentive you need to attain 300 points. If you keep taking action you can earn additional NJWELL points in order to qualify for additional incentives up to \$200! You can achieve this by doing the following:

- Chat by phone with a disease management coach (if deemed eligible) — 100 points;
- Flu Shot — 75 points;
- Participate in online coaching — 50 points;
- Age/Gender Appropriate Screening (mammogram, pap test, colon cancer screening, or prostate screening) — each exam earns 25 points; or
- Participate in an online activity (i.e., track your steps, healthy eating, etc.) — each online activity earns 25 points

Get started today! Visit www.nj.gov/njwell